

Unit 10 – Basic Nursing Skills

Resource Materials/Activities/Notes

Suggested Instructional Resource Materials

- Videos on basic skills
- Graphic and intake and output sheets

Skill Performance Checklists

30. Measuring Oral Temperature (Non-mercury Glass Thermometer)
31. Measuring Axillary Temperature (Non-mercury Glass Thermometer)
32. Measuring Rectal Temperature (Non-mercury Glass Thermometer)
33. Measuring Temperature with Electronic or Tympanic Thermometer (Optional)
34. Counting Radial Pulse Rate
35. Measuring Apical Pulse
36. Counting Respirations
37. Measuring Blood Pressure (Manual)
38. Measuring Blood Pressure (Electronic/Tympanic-Optional)
39. Measuring Combined Vital Signs
40. Measuring Height and Weight
41. Measuring and Recording Fluid Intake/Output

Activities

- Have class discuss why vital signs are always taken after resident has been at rest for at least 10 minutes.
- Have students review the different types of thermometers and explain the use of each.
- Discuss under what conditions an axillary temperature would be taken.
- Have the class practice documenting on the graphic sheet.
- Have the class consider a reason for the resident to be unaware that respirations are being counted.
- Have the class discuss the difference between hypertension and hypotension.
- Discuss why blood pressure cuff should not be placed over clothing.
- Discuss why blood pressure cuff should not be placed on arm with an IV.
- Have the class discuss how they would measure a resident if the resident were unable to stand.
- Have students practice weighing themselves wearing different amounts of clothing and note variations in weight.
- Have students practice using the various types of scales located in the facility.
- Practice recording intake and output on facility forms.
- Have the class discuss differences between restricting fluids and forcing fluids.
- Have the class discuss ways to estimate output with excessive perspiration.